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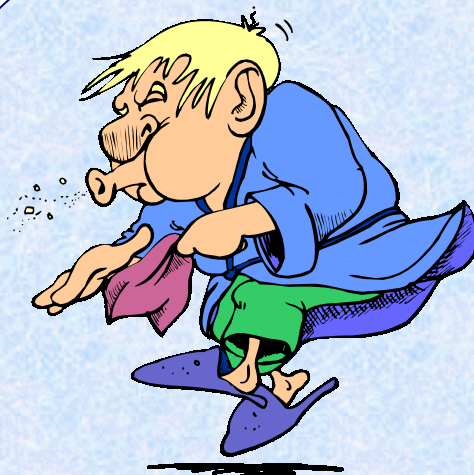
YUCK!

Flu season
again...



Wanna know how to escape
the chills and fever?

WASH YOUR HANDS!



That's Right!
Washing your
hands is the
best way to
NOT get sick.

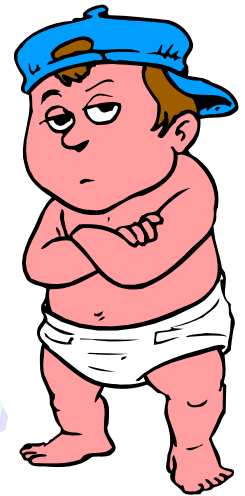


It's not as easy as it looks so check out the **8 BASIC STEPS**:

1. Let out the paper towel.
2. Wet hands in *really* warm water.
3. Lather up!
4. Scrub like a maniac for 20 sec. (sing you're a,b,c's and your done!)
5. Rinse well.
6. Dry hands completely.
7. Turn off water with the paper towel.
8. Open door with the paper towel.

We know,
washing your
hands takes
time away from
play, **BUT!**

**There are times
when washing
your hands is
serious
business...**



Wash hands before:

- Eating, making or touching food
- Helping a sick person

Wash hands after:

- Going to the bathroom
- Touching animals
- Coughing, sneezing or blowing your nose
- Handling garbage
- Touching raw meat, poultry or fish



HEY KIDS!

Check out these cool websites for more info on the fast track to staying healthy.

**Remember a
healthy kid is a
happy kid!** 

www.dhs.ca.gov/fdb
www.foodsafety.gov
www.fsis.usda.gov
www.safefood.net
www.cde.ca.gov
www.fightbac.com